

What is claimed is:

*Sub*  
*El*

1. An athletic shoe comprising an upper for wearing about a user's foot, a sole mounted to the upper, said sole having a forefoot portion and a heel portion, said heel portion having a bottom surface at least partially bounded by a peripheral rim, a rigid heel counter mounted in the upper above said heel portion, said sole being formed with a longitudinal channel in the bottom surface and extending through the peripheral rim with the channel dividing the heel portion into a pair of laterally adjacent compression elements, said compression elements having interior sidewalls which are spaced apart a distance sufficient to isolate the compression elements from motion of their interior sidewalls and permitting independent movement of the compression elements whereby the heel counter and compression elements control the user's foot for pronation movement with relatively low acceleration from an initial heel strike phase to a loading phase of the gait cycle for the shoe.

1 2. An athletic shoe as in claim 1 in which said longitudinal channel  
2 extends through only the heel portion of the sole.

1 3. An athletic shoe as in claim 1 in which said channel extends  
2 upwardly through the sole and is separated from the upper by a connecting  
3 portion of the sole which has a vertical height sufficiently small to present  
4 minimal transfer of motion between the compression elements responsive  
5 to stress forces.

*3*  
1 4. An athletic shoe as in claim 1 in which the shoe has lateral and  
2 medial sides, and said channel extends in a plane which is positioned  
3 substantially midway between said lateral and medial sides.

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